### Hollister Incorporated would like to extend a special thanks to the Pediatric Continence Nurse Specialists and the Spina Bifida Association of America for their support.



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## HOIIY'S Story





Attention to Detail. Attention to Life.

Hello, my name is holly.

i have problems when I urinate.

I use a special little tube called a catheter

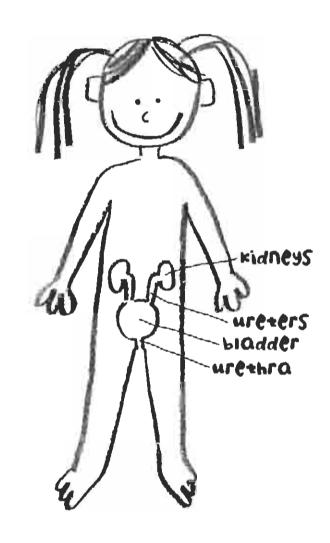
that my nurse gave me.





This is a picture of my bladder, ureters, kidneys and urethra.

my bladder is like a balloon inside me that stores urine.





Before I use my catheter I have to wash my hands.



The catheter goes in my urethra

and into my bladder and lets out all the urine.



# when the urine has stopped

I Slide my catheter out

And wash my hands again.





Now that I've told

I hope that you will see

That you can use your catheter

Just like me.





use this page to draw your favorite things

